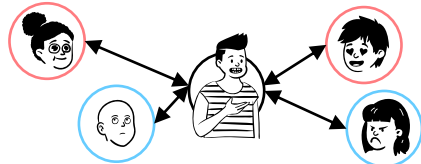


# Perceptions of relationship quality across adolescents' personal networks: Concurrent and longitudinal associations with temperamental shyness

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## BACKGROUND

- Relationship quality is characterized by the degree of **support** (companionship, trust, caring, help, closeness, and intimacy) and **negativity** (conflict, antagonism, and power) within a relationship<sup>[1-3]</sup>
- Quality relationships increase resilience<sup>[4]</sup> and protect against school victimization above simply *having* relationships<sup>[5]</sup>
- Many relationships influence adolescent development, but previous work tends to espouse a *reductionist approach* by focusing on specific relational dyads (e.g., parent-child)<sup>[2-5]</sup>



- Research is mixed on the association between *shyness*, characterized by anxiety and withdrawal in response to social novelty or perceived social evaluation<sup>[6]</sup>, and *relationship quality* in adolescence<sup>[6-9]</sup>

## RESEARCH QUESTIONS

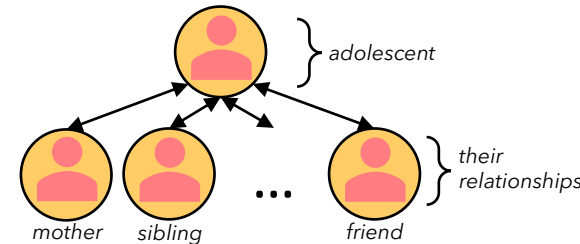
- 1:** How *consistently* are **supportive** and **negative** relationship qualities perceived across adolescent personal networks (including mothers, fathers, siblings, relatives, romantic partners, and friends)?
- 2:** Does longitudinal and concurrent temperamental shyness predict perceived **supportive** and **negative** relationship qualities across adolescents' personal networks?

## METHOD

- 473 children from a larger longitudinal study of temperament<sup>[10]</sup>; 49% female; 66% White, 13% Black, 6% Hispanic; 5% Asian
- Shyness:** 5-item subscale of the maternal-report EATQ ( $\alpha = .79$ )<sup>[11]</sup>; "Feels shy about meeting new people"
- Relationship Quality:** 39-item Network of Relationships Inventory ( $\alpha = .80$ )<sup>[1]</sup>; taps **supportive** ("How sure are you that this relationship will last no matter what?") and **negative** ("How much do you and this person argue with each other?") qualities of all relationship types

## RESEARCH QUESTION 1

The **adolescent** accounts for about 9.8% of their average reported **supportive relationship quality** ...



... while the **relationships** they hold account for the remaining ~90.2%

The **adolescent** also accounts for ~8.1% of their average reported **negative relationship quality**

Supportive, ICC = .098, and negative, ICC = .081, relationship qualities  
Controlling for child gender and maternal ethnicity

## IMPLICATIONS AND FUTURE DIRECTIONS

- Because a much greater proportion of variance in **supportive** and **negative** relationship quality was due to the *relationship* than the child, relationship quality may depend more on relationship characteristics than on characteristics of the adolescent
- While children who are shy at 12 and 15 may be less likely to experience **supportive** relationships involving trust and caring at 15, they do not seem any more likely to experience **negative** relationships involving conflict and antagonism
- Shyness predicting lower **supportive relationship quality** is consistent with the *broaden-and-build theory*<sup>[12]</sup>; the negative emotions associated with temperamental shyness may narrow experience, leading to less **supportive relationships**
- Future work should begin to parse how fostering this set of supportive relationships may in turn increase resilience

[1] = Furman & Buhrmester (1985); [2] = Bukowski et al. (1994); [3] = Parker & Asher (1993); [4] = Raboteag-Saric & Sakic (2014); [5] = Cuadros & Berger (2016); [6] = Rubin et al. (2009); [7] = Fordham & Hinde (1999); [8] = Nelson et al. (2008); [9] = Schneider (1999); [10] = Fox, Henderson, et al. (2001); [11] = Capaldi & Rothbart (1992); [12] = Fredrickson (2001)

## RESEARCH QUESTION 2

**AGE 12** (longitudinal)

Shyness



$b = -.058^*$

Shyness



$b = .003$

**AGE 15** (concurrent)

Shyness



$b = -.040^{\wedge}$

Shyness



$b = .001$

Adolescents higher in shyness at ages 12 and 15 perceived lower **supportive relationship qualities** across their relationships at 15 on average, but perceived no difference in **negative qualities**.

\*  $p < .05$ ,  $\wedge p = .057$